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Farmers markets offer food, tips

BY MELISSA GAGLIARDI • MGAGLIARDI@COURIER-JOURNAL.COM • MAY 7, 2008

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At least one farmers market in Bullitt County will feature more than just fruits and vegetables.

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The Bullitt County Farmers' Market, to be held at the Bullitt County Stockyards starting Saturday, will feature food demonstrations, gardening tips and locally produced wine.

Meanwhile, organizers of a farmers market to be held at Shepherdsville Christian Church hope plenty of people -- both vendors and shoppers -- get involved.

The Bullitt County Farmers' Market will be held every Saturday through September, while the market at the church will begin June 7 and be held the first and third Saturdays of each month. Both will run from 8 a.m. to noon.

Bullitt County extension agent Lorilee George said local farmers markets are the best place to get fresh produce.

"A lot of the produce you buy at the grocery store is grown and produced for ease of shipping -- not for flavor," she said. "When you're getting products at the store, you don't know what's been done to them, how many pesticides or chemicals have been used on them. With homegrown products, you get a lot better quality."

Extension agent Darold Akridge agreed. "What you're buying that morning was harvested that morning," he said.

Besides connecting people with fresh, healthy produce, the markets provide backyard gardeners with an opportunity to earn extra income, he said.

With more subdivisions and fewer farmers in the county, he recommends people begin growing their own gardens as a source for additional income or as learning tools for their children.

The market at the Stockyards is expected to feature more than a dozen covered booths with locally grown vegetables, flowering plants, honey and other produce. Local crafts and even wines, like the award-winning wines from the Wight-Meyer Winery, also will be sold.

Master gardeners also will be on hand this year to give gardening tips and answer questions. In addition, there will be food demonstrations, with recipes and health and nutrition tips available.

George said every week will feature something different.

"The more support we get from the community, the more we can make available to everyone," she said.

Reporter Melissa Gagliardi can be reached at (502) 582-4117.

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The Bullitt County Farmers' Market

Where: Bullitt County Stockyards, 1825 S. Preston Highway.

When: Every Saturday through September, beginning this week

Vendor information: Darold Akridge or Lorilee George, 543-2257.

Farmers market at
Shepherdsville
Christian Church

Where: 337 Lees Valley Road.

When: First and third Saturday of each month, beginning June 7.

Vendor information: Janet Richardson, 543-4246

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